



G A R D E N

The Dylan Chronicles: scribble, scratch, scratch  
II: Garden

They always  
we begin  
with  
I am plain  
The end of one Cth  
Four weeks! With  
The summer of  
beauty.  
A month is a long  
Teach me to sculpt  
talents and shape my  
best when I let loose  
No rules are best. Shall  
Christian for awhile?



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with  
I am plain  
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August 17th 1995

They always. I mean to say.  
we begin new journals  
with ceremony.  
I am plain with simple things to say.  
The end of one (therapy 2x) to cold turkey.  
Four weeks! WITHOUT.  
THE summer of owning my  
beauty.

A month is a long time. I write to avoid.  
Teach me to sculpt more finely all of my  
talents and shape my life. I feel  
lost when I let loose. So maybe  
moments are best. Shall I live like  
Christina for awhile?



Stephen at  
the beach

Kindly Do NOT  
fence me in.



August 17th 1995

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Kindly Do NOT  
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Grandma

I  
Sing  
2

Use this time/space to take a deep breath.  
Close your eyes.  
and . . .

Feel your feet, wriggle your toes.

Allow a question to gurgle up.

Connect with a writing implement and  
something to write on.

Scrawl the question with your non-dominant  
hand.

Wait, be patient.

Keep asking the question, day after day,

Quest  
Be Bold

Be Daring  
Be Courageous





Grandma

I  
Sing  
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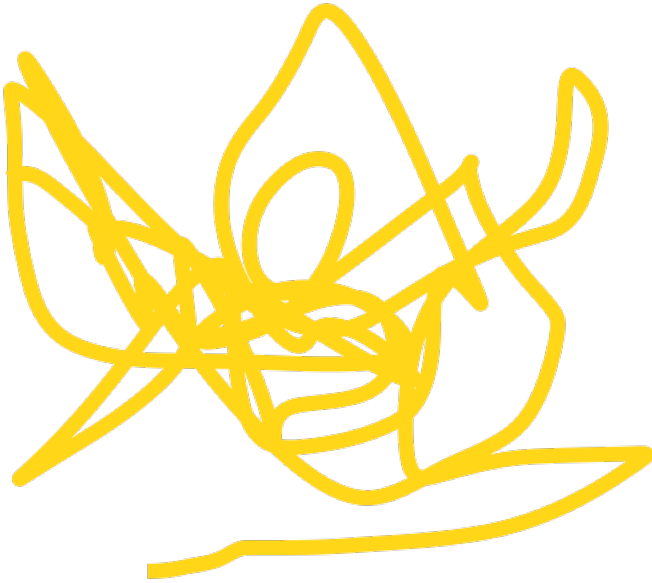
Quest  
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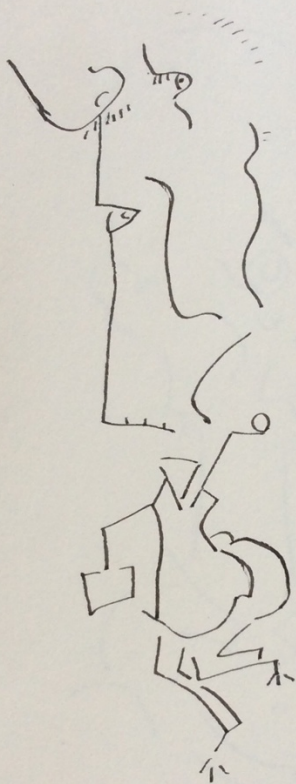


GRAMPA



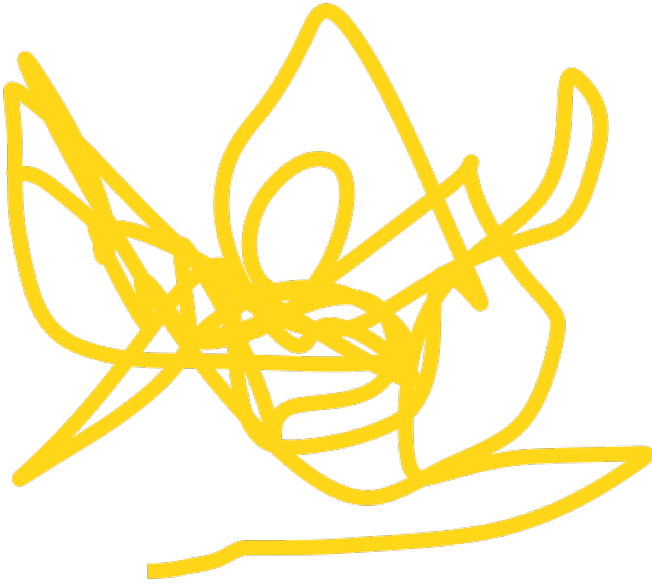
I give you permission to scribble!  
give yourself permission to scribble  
observe if there are any comments from your  
internal peanut gallery  
label the comments  
gently let them flow on by  
like a cloud in the sky - a limitless sky with no  
edges or boundaries  
keep on scribbling  
is there an emotion that goes with it?  
label the emotion and breathe  
inhale for 4 deep breaths, hold for 4, exhale

4, hold for 4  
repeat



GRAMPA





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repeat





Right (write) this with  
your dominant hand.  
If I had six months left  
to live ... I would...

Write the reply in your  
non-dominant hand  
without thinking about  
it. Just let it flow. If  
nothing flows, ask

yourself. Why?







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Go ahead,  
if you  
found this,  
you are  
ready, you  
must be  
safe!

Imagine  
going out  
and buying  
your very  
own  
special  
journal  
that only  
YOU can  
access, or  
imagine  
making  
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what you  
can gather  
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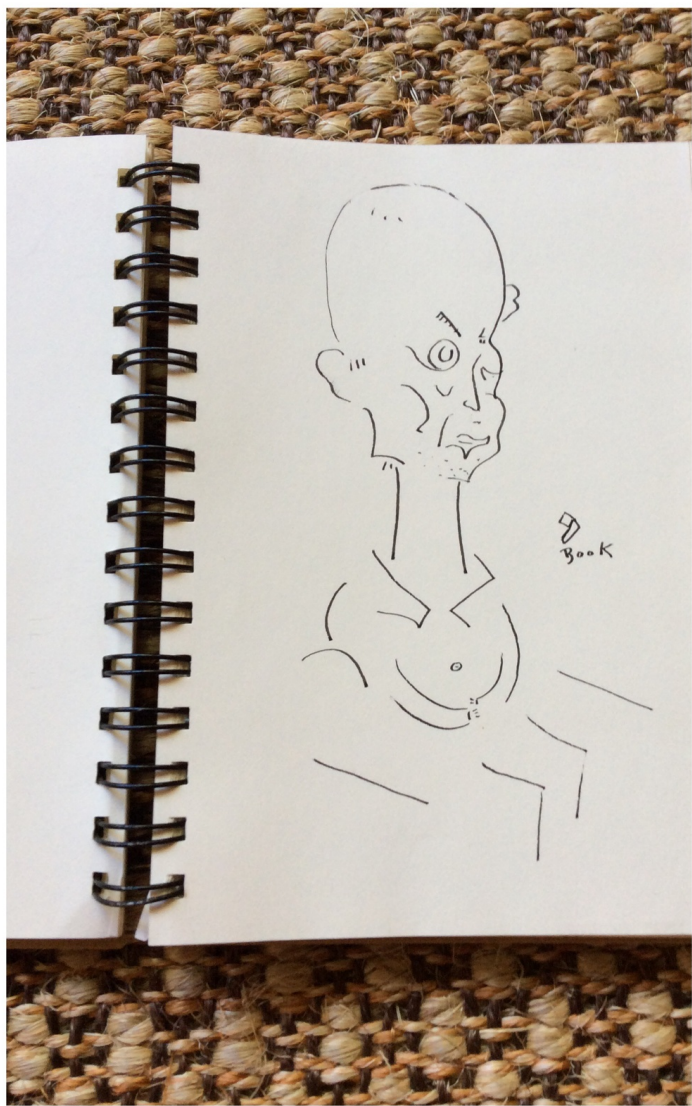
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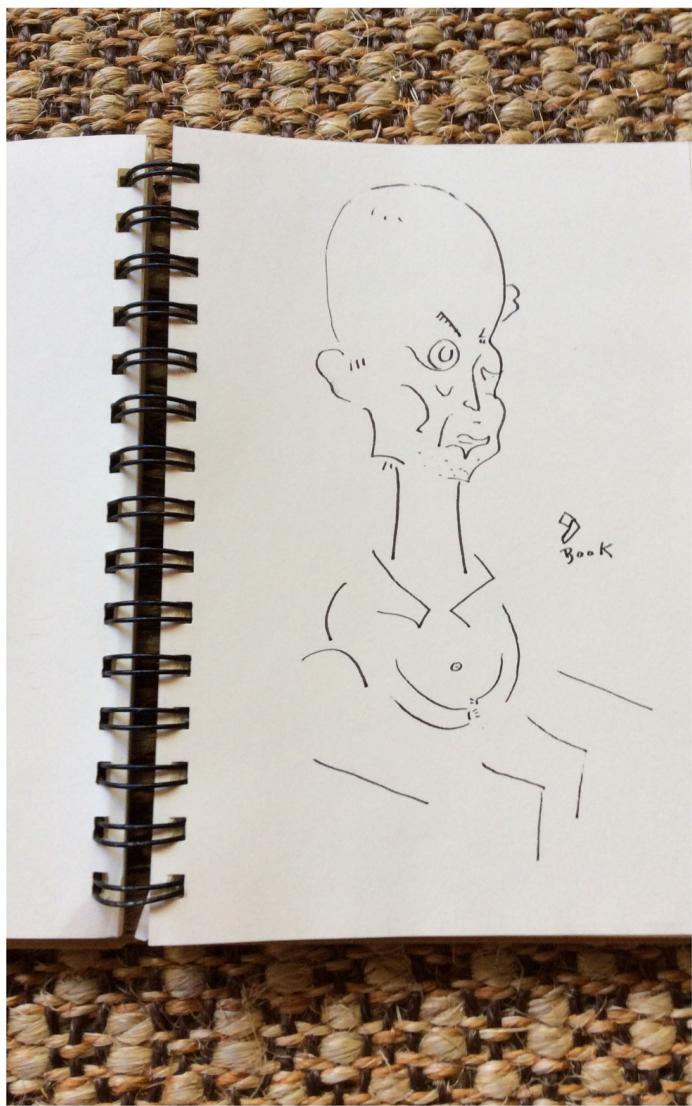
Surprise! Book I is in this series and if you go to [multifacetedmisa.org](http://multifacetedmisa.org) and sign up for our newsletter (which you

can cancel any time) you will receive a free pdf of this work to share with fellow thrivers.

Life brings the unexpected.

Embrace it!

Life brings the unexpected. Embrace it! The universe supports your process. If you are reading this now, know that in the present folds of NOW I am sending you a safe, kind, loving, supportive ray of positive energy - the color of your choice!



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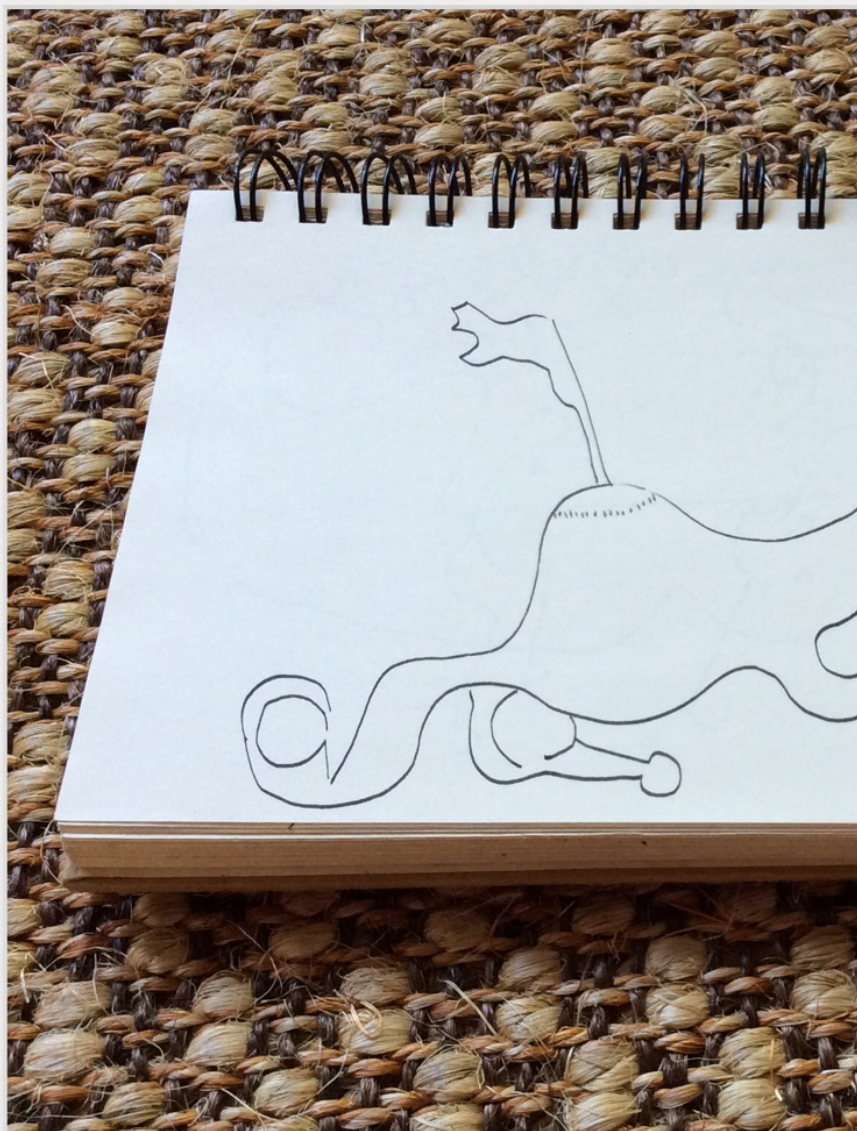


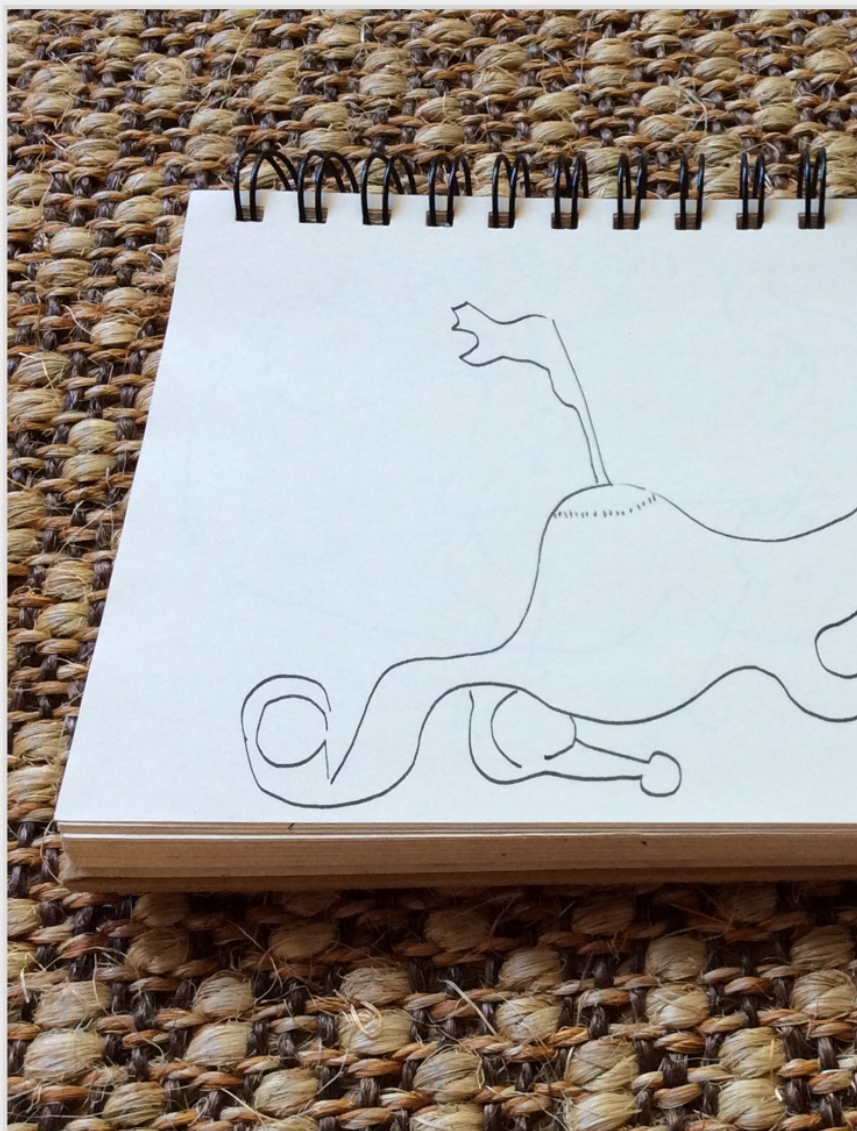












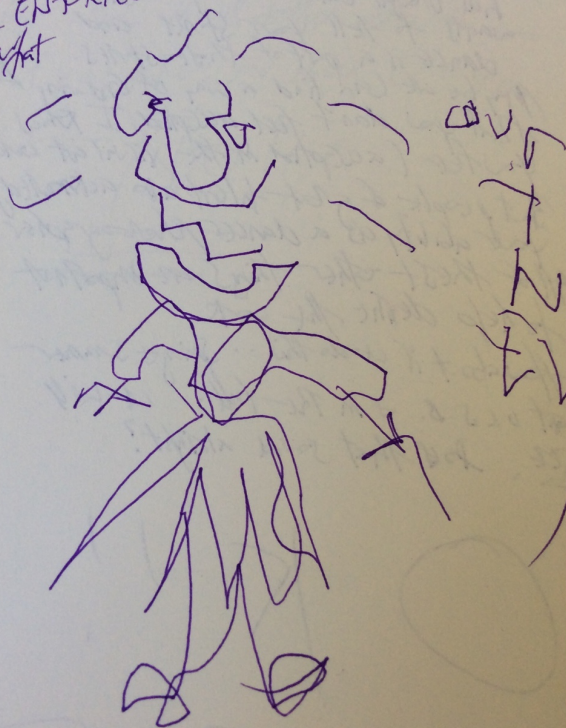


S Airley





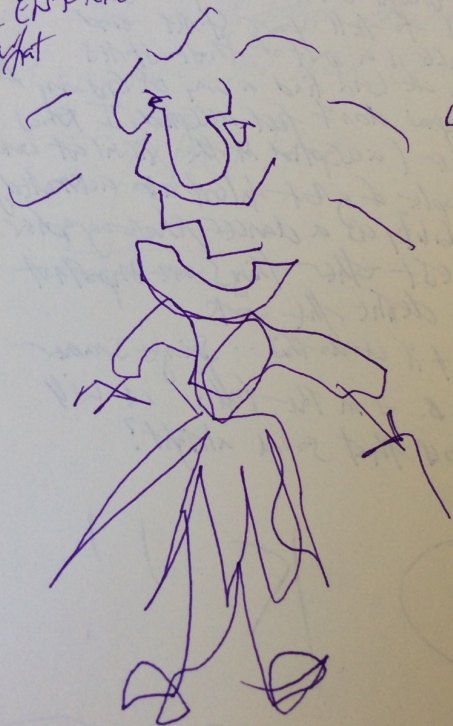
NO  
NO ACCEPT ME. ME TIRED  
VERY TIRED. ME SO TIRED SLEEP  
3 CENTRIES  
yat



S Airley

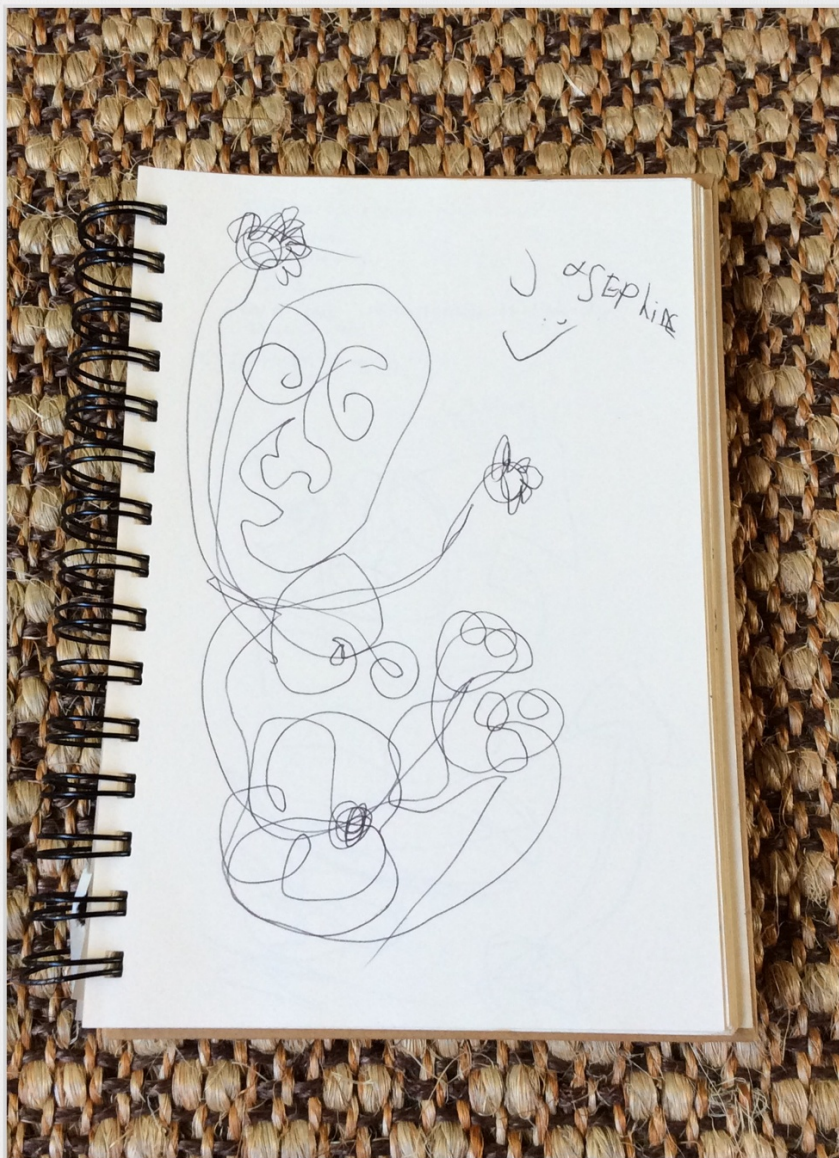


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OUT  
T  
N  
T  
V



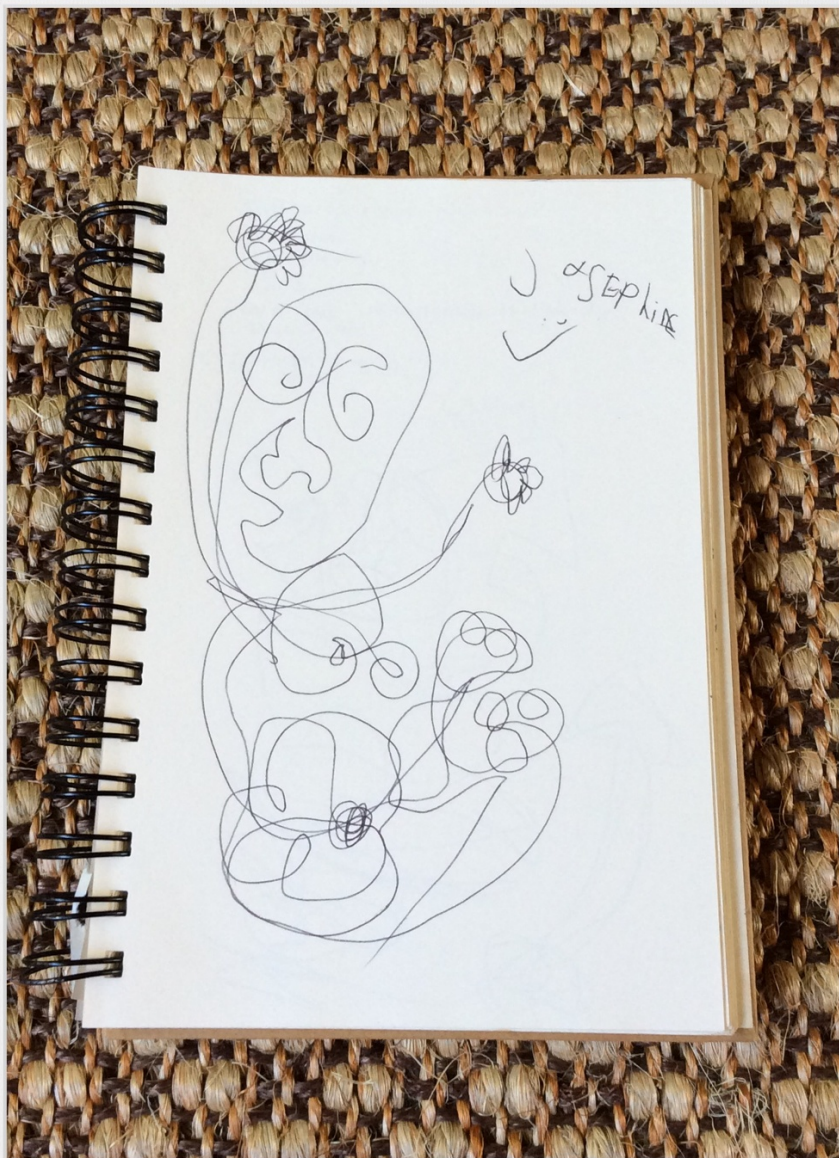


Got parts? We all got  
parts. I believe.

It isn't how many or  
how few that matters.

But making sure  
someone in the group  
takes responsibility for  
keeping everybody  
safe.

Somewhere, inside,  
some part knows how  
to take power, take  
control, and navigate  
your very own personal  
survivor to thriver flow.





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TRIGGER  
WARNING  
2 pages ahead

Trigg

Warning

BE

SAFE

In my journey, I itched to know if the flashbacks were "real" or not.

I began my thriver flow with no therapist present.

I heard buzz about false memory syndrome and took very special care about what helpers and healers I let into my life to help me.

Ultimately - it doesn't really matter.

All that matters is being safe, staying safe, and getting support.

Your path will be completely unique to you, and ultimately, only you know how to save yourself.

If I figured it out, so can you!

I believe in you, I believe in your parts, I

believe your stories.

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first  
step  
was...

Cutting off all contact with my family, to take

time for me, and seek an answer to a few big questions.

Why?

Why are my siblings struggling?

Why am I binge eating, drinking too much, eating too much sugar?

Why?

Something spoke to my heart.

Cut out contact with your family.

Your first step may be different.

Each person's journey is their own.

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Following are some of the scribbles and stories  
of my parts from within this journal.

Journalling is a powerful tool in the process

It gets the stories out of your body onto paper

Helpful we have found.

Big time help!

None of it can be proved - so what?

None of it can be corroborated - so what?

There is no evidence - it doesn't matter

All that matters is YOU!

Your safety, your survival, your pre-destined  
thrival.

Good luck!

I believe in your ability to take control and embrace  
the healing flow!

lots of first  
light me  
y doll  
concepts  
shaved  
chords  
Parker  
Dogs

April 15

old  
Vaseline

Crystal  
Switchboard  
operator  
eggs  
3 first

50 11 200  
11 11 11

King  
Steps  
Lying  
Needles  
no like

WARP

NEEDLES  
present  
happy  
Diana  
SEX

Rebecca

"Sut"  
She feels  
like

Baby + herself  
to reflections

and it's busy  
shedule  
usual time

feel  
dirt  
Glad  
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cut

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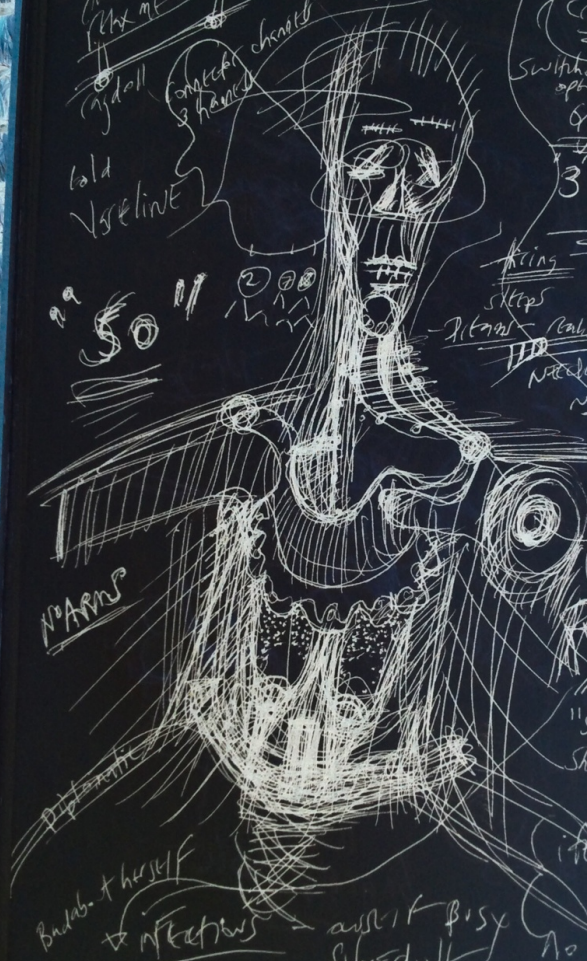
Rebecca

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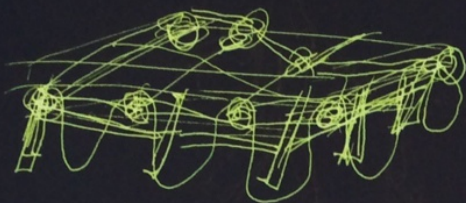
and it's busy  
shedule  
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cut



MAX -

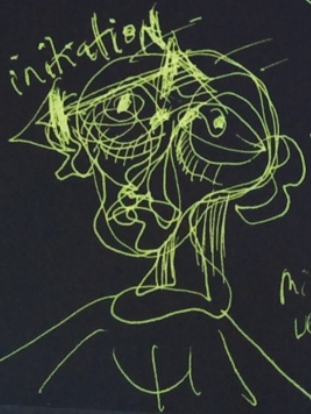
1/2 Rod



SAW m



Caroline



initiation

MAX

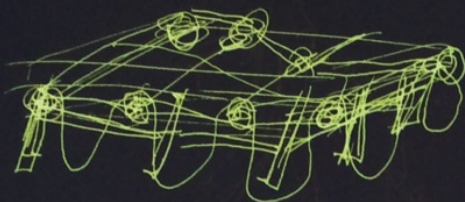
Digues  
Skipped!

MISA  
LEHR UACHSALZ



MAX -

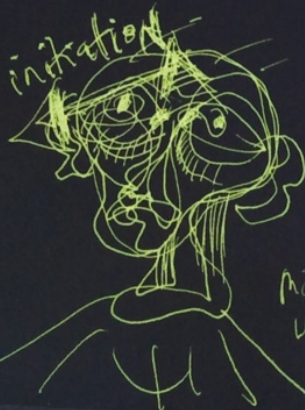
1/2 Rod



SAW m



Caroline



MAX

Digues  
Skipped!

MISA  
LEHR UACHSALZ



Set push  
Mem deep

G. Supress

at

Subdominant

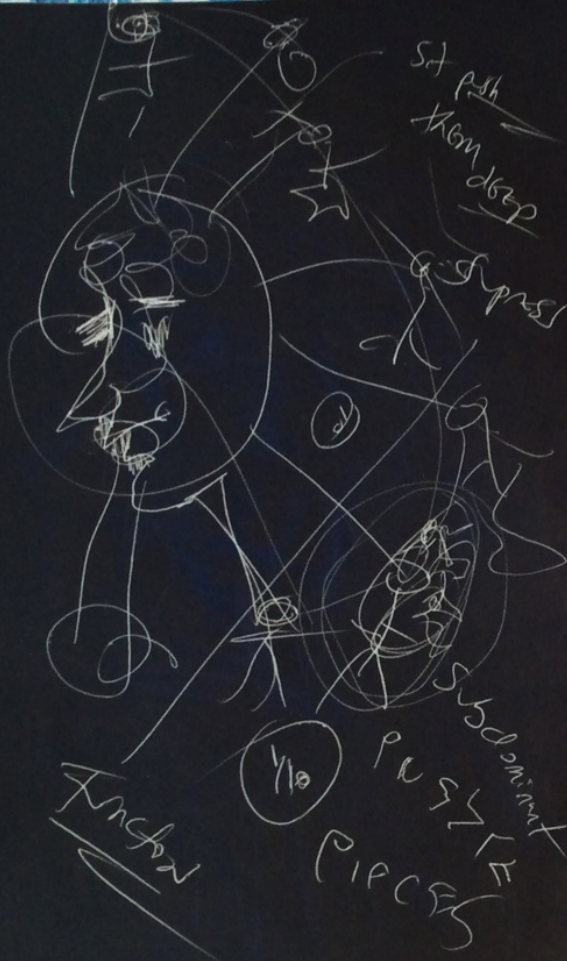
1/10

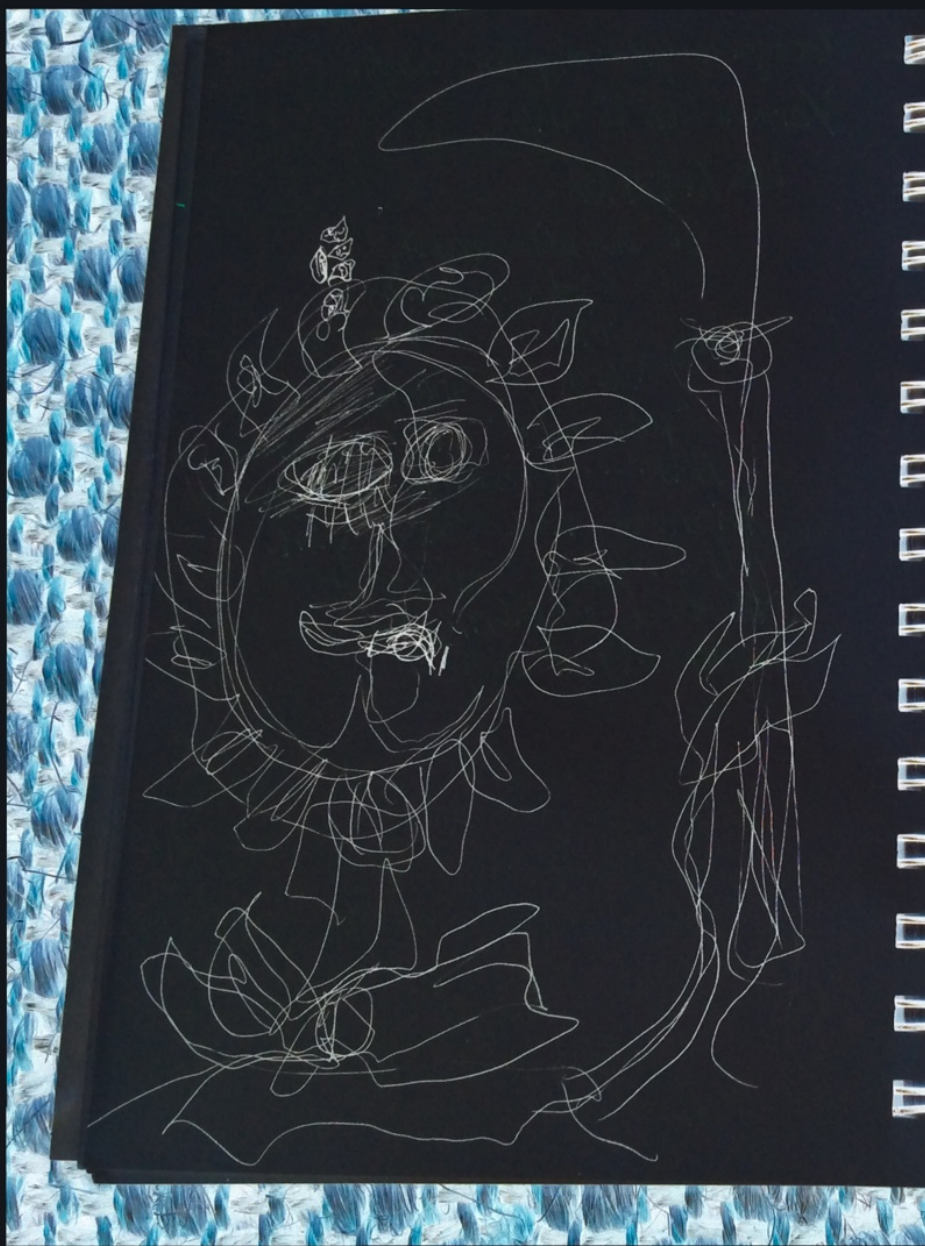
PIECES

Function

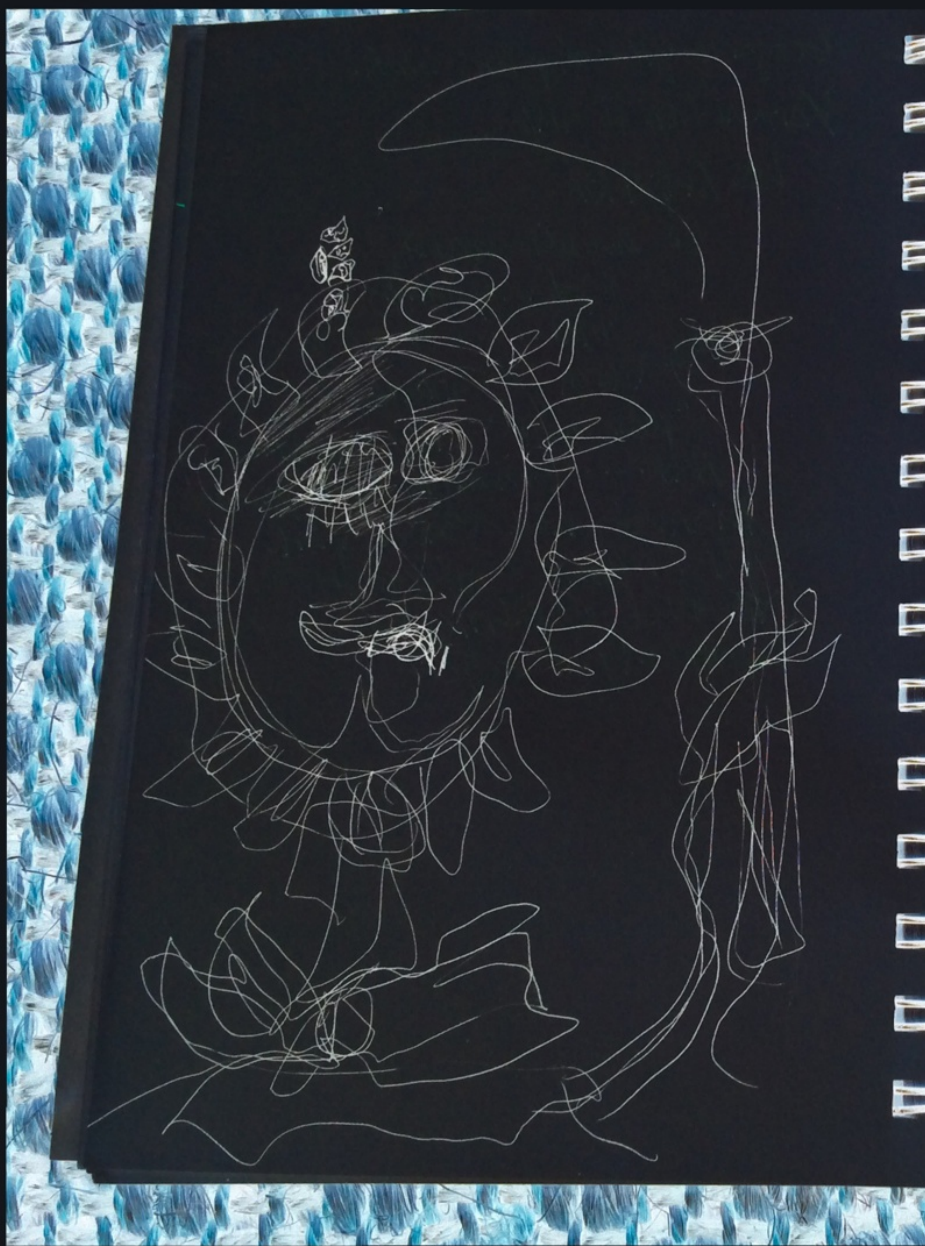
20











It is with these things  
I must be careful.

Let them see  
I am a student - I am not

Too you, I am not!

At first of course, I am not  
I am not. I am not.

But I am

And I am not. I am not. I am not.

I am not. I am not. I am not.

I am not. I am not. I am not.

I am not. I am not. I am not.

I am not. I am not. I am not.

I am not.

Pentlope

↳ Rhoite

yang  
hal-

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Too you, I must be

At the end of the day, I must be  
at the end of the day, I must be

at the end

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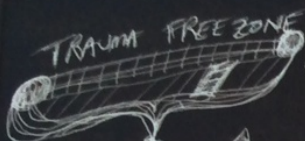
at the end

Pentlope

↳ Rhoite

yang  
hal-





Shaman

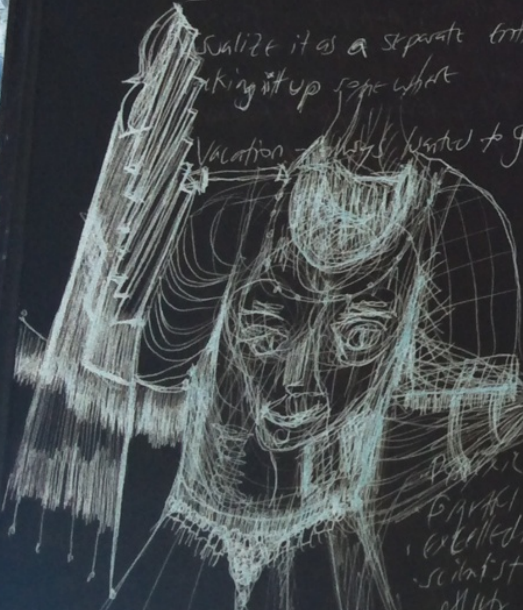
to mind & feel no grief...  
mind of what thinking about... living...

THAT BACK → Stream at it

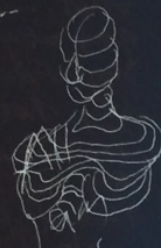
Realize it as a separate entity  
taking it up for what

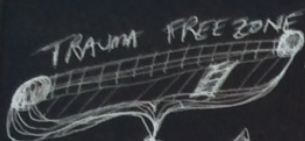
Valuation - why? wanted to go... to help is advice

it's o.k.  
with it



- family
- children
- extended in rich
- scientist
- athlete... out of
- prophet - mostly in power
- confused
- simpler thing





Shaman

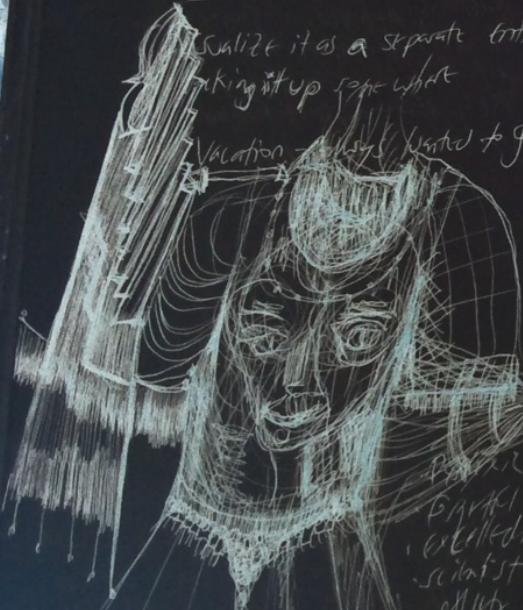
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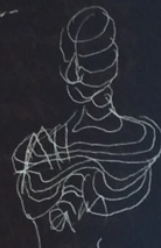
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Very important to tell that given one memory, the psyche may sub-divide into as many as 100 aspects or splinters to cope with one traumatic experience (if it was a really, really "bad one").

So, the process of mending the soul requires revisiting traumatic experiences not once, or twice, but for as many times as there were aspects present in real time for the experience. It was like being in hell, again, and again, and again so that each part could share their perspective. It got easier.

Then the fun starts!

Out of trauma time and in present time parts get to play and enjoy life!

and... the thriver benefits from the ability to appreciate and respect many perspectives and integrates the super talents of all facets of the thriver's soul and destiny.

Take your power back!

To give you hope - 20 years later, I feel safe enough to tell my story with this much detail. We still journal and this conversation yesterday clearly shows - happy amongst parts. What was once 36 parts and splinters has integrated and fused to 5 groupings of parts. At least that is the latest internal report.

Yippee!!

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July 26, 2015

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I feel all Dylan.

I Relax

I accept

I let go

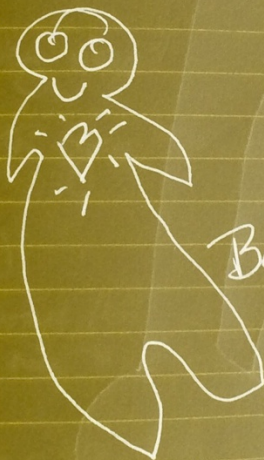
of the need to dissociate

I embrace all of who I am

and allow all parts, including Annette + Miss  
to flow into me.

how is everybody today

Happy!



Baby

anyone else care to offer their  
perspective?

GRRRATEFUL

OGRE



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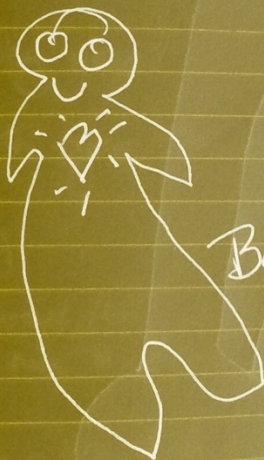
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and here is your reward  
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journey.

A very safe kitty hug from  
the best healer Cat in my  
precious flow-grow-now.

Namaste & Glorious Day!

anyone else want to share their  
PERSPECTIVE?

NOPE - all good

ME WANT BLEND  
CRAYONS!!!

who?

NO NAMES PLEASE

DYLAN WANT

okay when?

after you finish 3 journals is

okay.

no avoid Mr. Stephen is  
be nice to him!

today - use body - gym or here -  
need space!





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©

Dylan

Part

2015

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[www.multifacetedmisa.org](http://www.multifacetedmisa.org) to  
support our thriver journey.  
May the force of flow be kindly  
with you.

P.S.  
Kindly,  
Respect.

that this is copyrighted material. a short  
and sweet boundary. I suffered too much,  
and lost too much to give the knowledge  
and images away for free. I give you the  
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